



Forsyth Senior Center Activities April 2022



Mon	Tue	Wed	Thu	Fri
4 8:30 YOGA 9:00 ARTHRITIS CLASS	5 9:30 CHAIR EXERCISE 12:30 WHEEL OF FORTUNE	6 9:00 ARTHRITIS CLASS	7 9:30 CHAIR EXERCISE 12:30 BINGO	8 8:30 YOGA 9:00 ARTHRITIS CLASS
11 8:30 YOGA 9:00 ARTHRITIS CLASS	12 BIRTHDAY DAY 9:30 CHAIR EXERCISE Linda Wolff From Action 12:30	13 9:00 ARTHRITIS CLASS	14 9:30 CHAIR EXERCISE 12:30 BINGO	15 8:30 YOGA 9:00 ARTHRITIS CLASS 12:30 EASTER PARTY AND CELEBRATION
18 8:30 YOGA 9:00 ARTHRITIS CLASS	19 TACO TUESDAY 9:30 CHAIR EXERCISE 12:30 CRAFTS	20 9:00 ARTHRITIS CLASS	21 9:30 CHAIR EXERCISE 12:30 BINGO	22 8:30 YOGA 9:00 ARTHRITIS CLASS
25 8:30 YOGA 9:00 ARTHRITIS CLASS	26 9:30 CHAIR EXERCISE 12:30 CARD SOCIAL	27 9:00 ARTHRITIS CLASS	28 9:30 CHAIR EXERCISE 12:30 BINGO	29 8:30 YOGA 9:00 ARTHRITIS CLASS

Friday April 1st "MEET AND GREET PARTY"!!